

1. To be conscious means [test-bank-psychology-modules-for-active-learning-14e-coon](#)

- a. that one is awake.
- b. that one is aware.
- c. that one is completely alert.
- d. that one is not intoxicated.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: States of Consciousness-The Many Faces of Awareness

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.1 - Define consciousness; describe the first-person experience; and explain why psychologists adopt an objective, third-person point of view in studying the mind and consciousness.

KEYWORDS: Fact

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2. When Eric first looked over the rim of the Grand Canyon, he experienced deep feelings of insignificance and awe. In that instant, he was fully aware that he was experiencing a deeply moving moment. This is an example of:

- a. manifest content.
- b. the hidden observer.
- c. consciousness.
- d. cognition.

ANSWER: c

POINTS: 1

DIFFICULTY: Easy

REFERENCES: States of Consciousness-The Many Faces of Awareness

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.1 - Define consciousness; describe the first-person experience; and explain why psychologists adopt an objective, third-person point of view in studying the mind and consciousness.

KEYWORDS: Application

OTHER: * (New Question)

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3. The difficulty of knowing other minds is why the technique of introspection was replaced with more objective measures by the early

- a. psychoanalysts.
- b. behaviorists.
- c. humanists.
- d. structuralists.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: States of Consciousness-The Many Faces of Awareness

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.1 - Define consciousness; describe the first-person experience; and explain why psychologists adopt an objective, third-person point of view in studying the mind and consciousness.

KEYWORDS: Fact

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4. We spend most of our lives in a state of consciousness that is organized, meaningful, and clear and is referred to as
- a state of ASCs.
 - waking consciousness.
 - an altered state of consciousness.
 - microsleeps.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: States of Consciousness-The Many Faces of Awareness

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.2 - Differentiate between waking consciousness and altered states of consciousness (ASCs); and identify the various ASCs people experience and the causes of these ASCs.

KEYWORDS: Fact

DATE CREATED: 12/5/2016 11:36 PM

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5. Long-distance running, listening to music, sleep, and daydreaming are just some of the everyday ways to produce
- preconsciousness.
 - altered states of consciousness.
 - sensory enhancement.
 - simulated information processing.

ANSWER: b

POINTS: 1

DIFFICULTY: Easy

REFERENCES: States of Consciousness-The Many Faces of Awareness

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.2 - Differentiate between waking consciousness and altered states of consciousness (ASCs); and identify the various ASCs people experience and the causes of these ASCs.

KEYWORDS: Concept

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6. During an altered state of consciousness (ASC), a person may experience distinct shifts in which of the following?

- a. perceptions and emotions
- b. memories and time sense
- c. feelings of self-control and suggestibility
- d. all of these

ANSWER: d

POINTS: 1

DIFFICULTY: Easy

REFERENCES: States of Consciousness-The Many Faces of Awareness

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.2 - Differentiate between waking consciousness and altered states of consciousness (ASCs); and identify the various ASCs people experience and the causes of these ASCs.

KEYWORDS: Concept

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

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7. One thing that cocaine, “highway hypnosis,” high fever, and meditation all have in common is that they produce

- a. hypnagogic images.
- b. relaxation.
- c. euphoria.
- d. ASCs.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: States of Consciousness-The Many Faces of Awareness

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.2 - Differentiate between waking consciousness and altered states of consciousness (ASCs); and identify the various ASCs people experience and the causes of these ASCs.

KEYWORDS: Concept

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8. What do Buddhists engaging in meditation practices, Navaho elders drinking peyote tea, and New Zealand Maori priests performing nightlong rituals to communicate with the mythical period the Aborigines call “Dreamtime” all have in common?

- a. They are used as a rite of passage for the young men in each culture.
- b. They are all meant to cleanse the mind and body and bring about altered awareness and personal revelation.
- c. They are all considered illegal practices in most Western cultures.
- d. They are all used to induce a relaxation response.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate
REFERENCES: States of Consciousness-The Many Faces of Awareness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.1.3 - Describe the meanings given to altered states of consciousness (ASCs) by different cultures; and explain how cultural conditioning affects which ASCs a person recognizes, seeks, attains, and considers normal.
KEYWORDS: Fact
OTHER: * (New Question)
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9. Mesmer's strange "treatments" are related to hypnosis because they relied on

- a. animal magnetism.
- b. a deep sleep or trance-like state of consciousness.
- c. the power of suggestion.
- d. intentional fraud and deception.

ANSWER: c
POINTS: 1
DIFFICULTY: Difficult
REFERENCES: Hypnosis-Look into My Eyes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.
KEYWORDS: Concept
DATE CREATED: 12/5/2016 11:36 PM
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10. Which of the following is LEAST likely to be used by stage hypnotists?

- a. actual induction of hypnosis
- b. audience response to the antics on stage bringing out the "ham" in many people
- c. subjects being responsive because they don't want to "spoil the act."
- d. tricks and deception

ANSWER: a
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Hypnosis-Look into My Eyes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.
KEYWORDS: Concept
OTHER: * (New Question)

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11. Regarding hypnosis, which of the following statements is TRUE?

- a. Hypnosis was introduced by the Austrian physician, Karl Zener.
- b. Hypnosis is characterized by brain wave patterns similar to sleep.
- c. Hypnosis is an altered state characterized by narrowed attention and increased openness to suggestion.
- d. Hypnosis is a state in which the subjects are induced to perform actions against their will.

ANSWER: c

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.

KEYWORDS: Fact

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12. Which of the following proposed the best-known state theory of hypnosis and argued that hypnosis caused a dissociative state or "split" in awareness?

- a. Franz Mesmer
- b. James Braid
- c. Ernest Hilgard
- d. Martin Orne

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.

KEYWORDS: Fact

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13. Hilgard refers to the part of hypnotized subjects' consciousness that reports pain but remains in the background as the

- a. reality observer.
- b. phantom observer.
- c. hidden observer.
- d. alter ego.

ANSWER: c

POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Hypnosis-Look into My Eyes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.
KEYWORDS: Fact
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14. Many theorists believe that all hypnosis is really self-hypnosis because
- a. a deeply hypnotized person relaxes personal restraint or behavior, so that normal "willpower," or self-control, is reduced.
 - b. little or no hypnosis is needed to do a good stage hypnosis act.
 - c. people essentially hypnotize themselves after being taught how to do so.
 - d. a person must cooperate with a hypnotist to become hypnotized, and so the hypnotist acts as a guide to the hypnotized person.

ANSWER: d
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Hypnosis-Look into My Eyes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.
KEYWORDS: Concept
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15. You tie a short length of string to a small ring and hold this ring at eye level, about a foot from your face. By focusing on the ring, you are able to make the ring swing back and forth. You are surprised by this movement. You most likely have experienced
- a. autosuggestion.
 - b. psychokinesis.
 - c. a physical phenomenon involving the gravitational pull of the earth.
 - d. a fraudulent gadget used by stage hypnotists.

ANSWER: a
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Hypnosis-Look into My Eyes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of

hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.

KEYWORDS: Application

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16. You have agreed to be hypnotized. You can expect the hypnotist to encourage you to do all of the following EXCEPT

- a. accept suggestions easily.
- b. relax and feel tired.
- c. use vivid imagination.
- d. alternate tensing and releasing of your muscles.

ANSWER: d

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Application

DATE CREATED: 12/5/2016 11:36 PM

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17. In describing his hypnotic session, Jarrod said that he felt like he was floating, like his feet were about to leave the floor, and that his arms were so light it was like balloons were pulling them toward the ceiling without Jarrod having to do anything to raise his own arms. Jarrod is describing

- a. the hidden observer effect.
- b. hypnotic psychokinesis.
- c. the basic suggestion effect.
- d. the relaxation response.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Application

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18. Which of the following actions will a hypnotized person probably NOT act out?

- a. harm someone
- b. smell ammonia and act like it is a wonderful perfume
- c. dance to imaginary music

- d. act like a young child

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Application

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19. Whether a person can be hypnotized or not depends mainly on

- a. the skill of the hypnotist.
- b. the willingness of the person to be hypnotized.
- c. the intelligence level of the person to be hypnotized.
- d. how well the person and hypnotist can fake the "hypnosis."

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Concept

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20. Tests of susceptibility to hypnosis

- a. include the *Stanford Hypnotic Susceptibility Scale*.
- b. are administered by stage hypnotists at the very beginning of their act.
- c. are, in effect, tests of a subject's problem-solving abilities.
- d. were initially developed by Franz Mesmer.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Fact

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21. You are asked to close your eyes and told that your left arm is becoming more and more rigid and that it will not bend. If you cannot bend your arm during the next ten seconds, you have shown

- a. hypnopompic imaging.
- b. hypnotic susceptibility.
- c. a feature of concentrative meditation.
- d. transient narcolepsy.

ANSWER: b

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Application

DATE CREATED: 12/5/2016 11:36 PM

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22. Which of the following is most likely to occur because of hypnosis?

- a. increases in strength to superhuman levels
- b. genuine regression to earlier age levels
- c. altered sensory experiences
- d. increased accuracy of memory that is accepted in courts in all U.S. states

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Fact

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23. Regarding hypnosis and its uses, which of the following statements is FALSE?

- a. Hypnosis has no more effect on physical strength than instructions that encourage a person to make his or her best effort.
- b. No state has barred persons from testifying in court if they were hypnotized to improve their memory of the crime they witnessed.
- c. When a person is told not to remember something heard during hypnosis, a brief memory loss does seem to

occur.

d. Most theorists now believe that “age-regressed” subjects are only acting out a suggested role.

ANSWER: b

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Fact

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24. Of those listed, hypnosis has been shown to be LEAST effective

- a. in helping people make better progress during therapy.
- b. as a way of controlling pain.
- c. in modifying behaviors, such as smoking or overeating.
- d. as a tool for inducing relaxation.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Fact

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25. Which of the following has been shown to help people relax, feel less pain, and make better progress in therapy?

- a. stimulus control
- b. hypnosis
- c. lucid dreaming
- d. the use of microsleeps

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions

that can and cannot be achieved through hypnosis.

KEYWORDS: Fact

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26. Which of the following is a mental exercise for producing relaxation or heightened nonjudgmental awareness?

- a. REM rebound
- b. imagery rehearsal
- c. meditation
- d. depersonalization

ANSWER: c

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.

KEYWORDS: Fact

DATE CREATED: 12/5/2016 11:36 PM

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27. The main purpose of meditative exercises is to

- a. increase energy and creativity.
- b. focus attention and interrupt the typical flow of thoughts.
- c. solve problems and relieve worries.
- d. sharpen normal consciousness.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.

KEYWORDS: Fact

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28. Which of the following is a mental exercise that focuses attention, interrupts the flow of thoughts and worries, and reduces physical tension and anxiety?

- a. hypnopompic imagery.
- b. sensory adaptation.
- c. lucid dreaming.
- d. meditation.

ANSWER: d

POINTS: 1
DIFFICULTY: Easy
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.
KEYWORDS: Fact
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29. The two major forms of meditation are
- ascetic and prothetic.
 - endogeneous and exogeneous.
 - concentrative and mindfulness.
 - behavioral and humanistic.

ANSWER: c
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.
KEYWORDS: Fact
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30. Meditation techniques that involve focusing your attention on an image, a phrase, or your own breathing are referred to as _____ meditation.
- mindfulness
 - concentrative
 - dissociative
 - inhibition

ANSWER: b
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.
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31. Diane is sitting cross-legged and concentrating only on her breathing. She is practicing

- a. concentrative meditation.
- b. mindfulness meditation.
- c. imagery rehearsal.
- d. lucid dreaming.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.

KEYWORDS: Application

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32. Taylor is using a technique in which she focuses her attention on a specific object or word to block out distractions and enhance her well-being. This technique is called

- a. lucid dreaming.
- b. imagery rehearsal.
- c. concentrative meditation.
- d. mindfulness meditation.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.

KEYWORDS: Application

DATE CREATED: 12/5/2016 11:36 PM

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33. While meditating, Bernard tries to achieve a total non-judgmental awareness of the world. Bernard is using _____ meditation.

- a. latent content
- b. dissociative
- c. concentrative
- d. mindfulness

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.

KEYWORDS: Application

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34. Regarding meditation, which of the following statements is FALSE?

- a. PET and fMRI scans reveal changes in the activity of the frontal lobes of the brain during meditation.
- b. Concentrative meditation is more difficult to attain than mindfulness meditation.
- c. Concentrative meditation often utilizes a mantra.
- d. People who use meditation to reduce stress often report less daily physical tension and anxiety.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.

KEYWORDS: Concept

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35. A mantra would most commonly be used in

- a. Perls' method of dream interpretation.
- b. sensory deprivation research.
- c. inducing hypnosis.
- d. concentrative meditation.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.

KEYWORDS: Fact

DATE CREATED: 12/5/2016 11:36 PM

DATE MODIFIED: 12/12/2016 5:48 PM

36. According to Benson's research on relaxation, which of the following statements is FALSE?

- a. Most people have forgotten how to relax deeply.
- b. In producing the relaxation response, people are taught to focus on upsetting thoughts, to solve them quickly, and then set them aside.
- c. The relaxation response is responsible for the beneficial effects of meditation.

- d. People can be taught to produce the relaxation response by progressively relaxing their muscles and becoming aware of their breathing.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.

KEYWORDS: Concept

DATE CREATED: 12/5/2016 11:36 PM

DATE MODIFIED: 8/2/2018 2:57 PM

37. Which of the following has NOT be shown to be an outcome of the regular use of meditation?

- a. the development of self-awareness, maturity, and psychological skills, such as clarity and concentration
- b. the relief of a variety of psychological disorders, from insomnia to excessive anxiety
- c. a reduction in aggression and in the use of psychoactive drugs
- d. an effective treatment for sleep apnea and narcolepsy

ANSWER: d

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.

KEYWORDS: Fact

DATE CREATED: 12/5/2016 11:36 PM

DATE MODIFIED: 8/2/2018 2:58 PM

38. Prisoners in solitary confinement, arctic explorers, and long-distance truck drivers, who are faced with limited or monotonous stimulation for long periods of time tend to experience

- a. mindfulness.
- b. the relaxation response.
- c. bizarre or distorted perceptions.
- d. functional "waking" coma states.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.

KEYWORDS: Application

DATE CREATED: 12/5/2016 11:36 PM

DATE MODIFIED: 12/12/2016 5:48 PM

39. Kira spent an hour in a flotation tank that will restrict sensory stimuli and will likely produce

- a. REM rebound.
- b. hallucinations, delusions, and other psychotic symptoms.
- c. a decrease in blood pressure and muscle tension.
- d. increased numbers of beta waves.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.

KEYWORDS: Application

DATE CREATED: 12/5/2016 11:36 PM

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40. Brief periods of sensory deprivation often produce

- a. cataplexy.
- b. the relaxation response.
- c. tryptophanic images.
- d. REM symbolizations.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.

KEYWORDS: Concept

DATE CREATED: 12/5/2016 11:36 PM

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41. Which of the following has NOT been shown to be an effect of mild sensory deprivation?

- a. enhancing musical and sports performance skills
- b. loosening “belief” systems so that it is easier for people to lose weight
- c. reducing psychotic symptoms
- d. reducing the use of alcohol and drugs

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

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42. Which of the following can “loosen” belief systems and make it easier to change bad habits, like smoking or overeating?

- a. mild sensory deprivation
- b. imagery rehearsal
- c. sleep deprivation
- d. REM rebound

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.

KEYWORDS: Concept

DATE CREATED: 12/5/2016 11:36 PM

DATE MODIFIED: 12/12/2016 5:48 PM

43. According to research, which of the following statements is FALSE?

- a. Sitting quietly and “resting” can be as effective as meditation and mild sensory deprivation for some people.
- b. Stress reduction occurs when people set aside time daily to engage in positive daydreaming or leisure reading.
- c. If a person finds it difficult to ignore upsetting thoughts, then concentrative meditation would be a good way to promote relaxation.
- d. Mindfulness involves being “spaced out” or having occasional moments of reduced awareness in order to reduce anxiety and promote relaxation.

ANSWER: d
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.
PMAL_COON_2018_23.3.3 - Discuss the positive mental state of mindfulness and its beneficial effects.
KEYWORDS: Fact
DATE CREATED: 12/5/2016 11:36 PM
DATE MODIFIED: 12/12/2016 5:48 PM

44. Regarding mindfulness and meditation, which of the following statements is FALSE?
- a. Being mindful involves being laid-back, carefree, and sleepwalking through life.
 - b. Cancer patients who are taught mindfulness meditation have lower levels of distress.
 - c. In general, mindfulness is associated with self-knowledge and well-being.
 - d. Being mindful makes it easier to quit smoking.

ANSWER: a
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVE S: PMAL_COON_2018_23.3.3 - Discuss the positive mental state of mindfulness and its beneficial effects.
KEYWORDS: Concept
OTHER: * (New Question)
DATE CREATED: 12/5/2016 11:36 PM
DATE MODIFIED: 12/12/2016 5:48 PM

45. In their studies of the brain and behavior, psychologists rely on introspective reports from people who are hypnotized to understand how the brain produces hypnosis.

- a. True
- b. False

ANSWER: False
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: States of Consciousness-The Many Faces of Awareness
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.1.1 - Define consciousness; describe the first-person experience; and explain why psychologists adopt an objective, third-person point of view in studying the mind and consciousness.

KEYWORDS: Fact
DATE CREATED: 12/5/2016 11:36 PM
DATE MODIFIED: 8/2/2018 3:00 PM

46. Everyone experiences some altered state of consciousness every day.

- a. True
- b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: States of Consciousness-The Many Faces of Awareness
QUESTION TYPE: True / False
HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.2 - Differentiate between waking consciousness and altered states of consciousness (ASCs); and identify the various ASCs people experience and the causes of these ASCs.

KEYWORDS: Fact
DATE CREATED: 12/5/2016 11:36 PM
DATE MODIFIED: 12/12/2016 5:48 PM

47. Very few cultures or religions recognize and accept alterations of consciousness.

- a. True
- b. False

ANSWER: False
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: States of Consciousness-The Many Faces of Awareness
QUESTION TYPE: True / False
HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.3 - Describe the meanings given to altered states of consciousness (ASCs) by different cultures; and explain how cultural conditioning affects which ASCs a person recognizes, seeks, attains, and considers normal.

KEYWORDS: Fact
OTHER: * (New Question)
DATE CREATED: 12/5/2016 11:36 PM
DATE MODIFIED: 12/12/2016 5:48 PM

48. Stage hypnotists use tricks and deception more often than the actual induction of hypnosis.

- a. True
- b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Hypnosis-Look into My Eyes
QUESTION TYPE: True / False
HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

DATE MODIFIED: 8/2/2018 3:01 PM

49. About 50 percent of people can be hypnotized with only about 20 percent being considered good hypnotic participants.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

DATE MODIFIED: 8/2/2018 3:02 PM

50. Hypnosis can alter color vision, hearing sensitivity, time sense, and one's perception of illusions.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

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51. Concentrative meditation is more difficult to attain than mindfulness meditation.

- a. True
- b. False

ANSWER: False

POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.
KEYWORDS: Fact
DATE CREATED: 12/5/2016 11:36 PM
DATE MODIFIED: 12/12/2016 5:48 PM

52. Mild sensory deprivation has shown promise as a way to stimulate creative thinking and to enhance sports and music performance skills.

- a. True
- b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.
KEYWORDS: Fact
OTHER: * (New Question)
DATE CREATED: 12/5/2016 11:36 PM
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53. Mindfulness involves being “spaced out” or having occasional moments of reduced awareness in order to reduce anxiety and promote relaxation.

- a. True
- b. False

ANSWER: False
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.3.3 - Discuss the positive mental state of mindfulness and its beneficial effects.
KEYWORDS: Fact
OTHER: * (New Question)
DATE CREATED: 12/5/2016 11:36 PM
DATE MODIFIED: 12/12/2016 5:48 PM

54. Mental awareness of sensations and perceptions of external events as well as self-awareness of internal events including thoughts, memories, and feelings about experiences and the self makes up one's _____.

ANSWER: consciousness

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: States of Consciousness-The Many Faces of Awareness

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.1.1 - Define consciousness; describe the first-person experience; and explain why psychologists adopt an objective, third-person point of view in studying the mind and consciousness.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

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55. Interest in hypnosis began in the 1700s when an Austrian doctor believed he could cure diseases with magnets. This Austrian doctor was _____.

ANSWER: Mesmer
Franz Mesmer

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

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56. The detached part of the hypnotized person's awareness that silently views the events occurring during hypnosis is called the _____.

ANSWER: hidden observer

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.

KEYWORDS: Fact

DATE CREATED: 12/5/2016 11:36 PM

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57. You tie a short length of string to a small ring and hold this ring at eye level, about a foot from your face. By focusing on the ring, you are able to make the ring swing back and forth. You are surprised by this automatic micromovement of your fingers. You most likely have experienced a(n) _____.

ANSWER: autosuggestion

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.

KEYWORDS: Application

DATE CREATED: 12/5/2016 11:36 PM

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58. A test in which a person is given a series of suggestions, such as being told that his or her "left arm is becoming more and more rigid and that it will not bend," is most likely taking the Stanford _____ Scale.

ANSWER: Hypnotic Susceptibility

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Concept

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

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59. While meditating, Bradley tries to achieve a total non-judgmental awareness of the world. Bradley is using _____ meditation.

ANSWER: mindfulness

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.

KEYWORDS: Application

DATE CREATED: 12/5/2016 11:36 PM

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60. Medical researcher Herbert Benson believed that the core of meditation involved an innate physiological pattern that opposes your body's fight-or-flight mechanisms and is called the _____ response.

ANSWER: relaxation
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.
KEYWORDS: Fact
OTHER: * (New Question)
DATE CREATED: 12/5/2016 11:36 PM
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61. By using small isolation tanks in which a participant floats in shallow body-temperature water containing hundreds of pounds of Epsom salts, psychologists have explored the possible benefits of mild _____.

ANSWER: sensory deprivation
sensory restriction

POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.
KEYWORDS: Concept
DATE CREATED: 12/5/2016 11:36 PM
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62. Concerning altered states of consciousness, (a) describe characteristics of an altered state of consciousness, (b) describe four everyday situations in which people experience these altered states, and (c) describe the intentional uses and meanings of the altered states within two other cultures.

ANSWER: Answer will include that during an altered state of consciousness (ASC) changes occur in the quality and pattern of mental activity. Typically, there are distinct shifts in perceptions, emotions, memories, time sense, thoughts, feelings of self-control, and suggestibility. Most people know when they have experienced an ASC. In fact, heightened self-awareness is an important feature of many ASCs. Some everyday situations in which people experience ASCs are sleep, dreaming, daydreaming, highway hypnosis, high fever, sleep loss, drug intoxication, hyperventilation, and sensory overloads from raves, mosh pits, or a Mardi Gras crowd. All cultures and most religions recognize and accept some alterations of consciousness. Many cultures regard ASCs as a pathway to personal enlightenment. Examples are the sweat lodge ceremony of the Sioux, the meditation practices of Buddhists, Navaho elders drinking peyote tea, and New Zealand Maori priests performing nightlong rituals to communicate with the mythical period the Aborigines call "Dreamtime." The meaning given to these altered states varies greatly from signs of "madness" and "possession" by spirits to life-enhancing breakthroughs. Thus, cultural conditioning greatly affects what altered states we recognize, seek, consider normal, and attain.

POINTS: 6
DIFFICULTY: Moderate
REFERENCES: States of Consciousness-The Many Faces of Awareness
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.1.2 - Differentiate between waking consciousness and altered states of consciousness (ASCs); and identify the various ASCs people experience and the causes of these ASCs.
PMAL_COON_2018_23.1.3 - Describe the meanings given to altered states of consciousness (ASCs) by different cultures; and explain how cultural conditioning affects which ASCs a person recognizes, seeks, attains, and considers normal.
KEYWORDS: Concept
DATE CREATED: 12/5/2016 11:36 PM
DATE MODIFIED: 12/12/2016 5:48 PM

63. Discuss the two theories of hypnosis, including Hilgard's demonstration involving the painful use of ice water.

ANSWER: Answer will include that one theory of hypnosis is that it is an altered state of consciousness, characterized by narrowed attention and an increased openness to suggestion. The best-known state theory of hypnosis was proposed by Ernest Hilgard. He argued that hypnosis causes a dissociative state, or "split" in awareness. To illustrate, he asked hypnotized subjects to plunge one hand into a painful bath of ice water. Subjects told to feel no pain said they felt none. The same subjects were then asked if there was any part of their mind that did feel pain. With their free hand, many wrote, "It hurts," or "Stop it, you're hurting me," while they continued to act pain free. Thus, one part of the hypnotized person says there is no pain and acts as if the other part, which Hilgard calls the hidden observer, is aware of the pain but remains in the background. The hidden observer is a detached part of the hypnotized person's awareness that silently observes events. In contrast, nonstate theorists argue that hypnosis is not a distinct state at all. Instead it is merely a blend of conformity, relaxation, imagination, obedience, and role-playing. For example, many theorists believe that all hypnosis is really self-hypnosis (autosuggestion). From this perspective, a hypnotist merely helps another person to follow a series of suggestions. These suggestions, in turn, alter sensations, perceptions, thoughts, feelings, and behaviors.

POINTS: 8
DIFFICULTY: Moderate
REFERENCES: Hypnosis-Look into My Eyes
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_23.2.1 - Define hypnosis; describe its history from Mesmer through its use today; differentiate "true" hypnosis from stage hypnosis; and discuss the state and nonstate theories of hypnosis, including the concept of the "hidden observer" and the view of hypnosis as autosuggestion.
KEYWORDS: Concept
OTHER: * (New Question)
DATE CREATED: 12/5/2016 11:36 PM
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64. Describe what effect(s) hypnosis has on the following areas: physical strength, memory, amnesia, pain relief, age regression, and sensory changes.

ANSWER: Answer will include that hypnosis has no more effect on physical strength than instructions that encourage a person to make his or her best effort. There is some evidence that hypnosis can enhance memory. However, it frequently increases the number of false memories as well. For this reason, many states now bar persons from testifying in court if they were hypnotized to improve their

memory of a crime they witnessed. A person told not to remember something heard during hypnosis may claim not to remember but may be nothing more than a deliberate attempt to avoid thinking about specific ideas. However, brief memory loss of this type does seem to occur. Hypnosis can relieve pain and is especially useful when chemical painkillers are ineffective, such as with phantom limb pain. Given the proper suggestions, some hypnotized people appear to “regress” to childhood. However, most theories now believe that “age-regressed” subjects are only acting out a suggested role. Hypnotic suggestions concerning sensations are among the most effective. It is possible to alter color vision, hearing sensitivity, time sense, perception of illusions, and smell.

POINTS: 10

DIFFICULTY: Moderate

REFERENCES: Hypnosis-Look into My Eyes

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.2.2 - Describe how hypnosis is conducted, including the basic suggestion effect and hypnotic susceptibility; and discuss the sensory and bodily changes and behavioral actions that can and cannot be achieved through hypnosis.

KEYWORDS: Concept

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

DATE MODIFIED: 8/2/2018 3:04 PM

65. Compare and contrast the two major forms of meditation; explain the benefits of meditation; and discuss mild sensory deprivation and its therapeutic uses.

ANSWER: Answer will include that meditation takes two major forms. In concentrative meditation, you attend to a single focal point, such as an object, a thought, or your own breathing. Often, a mantra, which is a smooth word like “om,” is used as the focal point. A mantra could also be any pleasant word or a phrase from a familiar song, poem, or prayer. If other thoughts arise as you repeat a mantra, just return attention to it as often as necessary to maintain meditation. In contrast, mindfulness meditation is “open,” or expansive. In this case, you widen your attention to embrace a total, non-judgmental awareness of the world. An example is losing all self-consciousness while walking in the wilderness with a quiet and receptive mind. As a stress-control technique, meditation may be a good choice for people who find it difficult to “turn off” upsetting thoughts when they need to relax. The physical benefits of meditation include lowered heart rate, blood pressure, muscle tension, and other signs of stress as well as improved immune system activity. Meditation has benefits beyond relaxation. Practiced regularly, meditation may foster mental well-being and positive mental skills such as clarity, concentration, and calm. In this sense, meditation may share much in common with psychotherapy. Indeed, research has shown that mindfulness meditation relieves a variety of psychological disorders, from insomnia to excessive anxiety. It can also reduce aggression and the use of psychoactive drugs. Regular meditation may even help people develop better control over their attention, heightened self-awareness, and maturity. Mild sensory deprivation is often accomplished by floating in a tank of warm water in silent darkness for a couple of hours. Sensory deprivation involves a major reduction in the amount or variety of sensory stimulation with brief periods of sensory restriction producing a strong relaxation response. An hour or two spent in a flotation tank can cause a large drop in blood pressure, muscle tension, chronic pain, and other signs of stress. Like other forms of meditation, mild sensory deprivation may also help with more than relaxation. Deep relaxation makes people more open to suggestion, and sensory deprivation interrupts habitual behavior patterns. This can “loosen” belief systems, making it easier for people to quit smoking, lose weight, and reduce their use of alcohol and drugs. Mild sensory deprivation even shows promise as a way to stimulate creative thinking and enhance sports and music performance skills.

POINTS: 10

DIFFICULTY: Moderate

REFERENCES: Meditation and Mindfulness-Chilling, the Healthy Way

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_23.3.1 - Discuss the mental exercise called meditation; including a description of the two major forms of meditation and the importance of the mantra in concentrative meditation.
PMAL_COON_2018_23.3.2 - Describe the major benefits of meditation; explain what is meant by the relaxation response; discuss the process of sensory deprivation, including the problems with intense or prolonged periods of sensory deprivation and the beneficial uses of brief periods of sensory restriction; and list other stress reduction methods that people can use daily.

KEYWORDS: Concept

OTHER: * (New Question)

DATE CREATED: 12/5/2016 11:36 PM

DATE MODIFIED: 12/12/2016 5:48 PM

66. Which statement is true regarding the sleep needs of humans and other animals?

- a. Dolphins do not sleep because they would drown.
- b. Humans sleep on one side of the brain at a time which is why they are not totally unresponsive while sleeping.
- c. Sunlight and darkness are external time markers that tie humans to a 24-hour sleep-waking cycle.
- d. All animals need sleep.

ANSWER: c

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Sleep Patterns and Stages—The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.1.1 - Contrast the need for sleep among various animals; describe the characteristics of this innate biological rhythm known as sleep; and explain what skills can and cannot be performed while asleep.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:07 PM

67. Each of us will spend approximately how many years of life asleep?

- a. five
- b. 15
- c. 20
- d. 25

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages—The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.1.1 - Contrast the need for sleep among various animals; describe the characteristics of this innate biological rhythm known as sleep; and explain what skills can and cannot be performed while asleep.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

68. Any repeating cycle of biological activity, such as sleep and waking cycles or changes in body temperature, is known as a(n)

- a. ASC.
- b. biological rhythm.
- c. diurnal pattern
- d. REM rebound.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.1.1 - Contrast the need for sleep among various animals; describe the characteristics of this innate biological rhythm known as sleep; and explain what skills can and cannot be performed while asleep.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:08 PM

69. LaMonte had trouble concentrating in class today. His roommate noticed that LaMonte's hands are trembling; his speech is slurred; and he is having trouble even naming common objects. LaMonte is most likely suffering from

- a. sleep loss.
- b. somnambulism.
- c. lucid dreaming.
- d. narcolepsy.

ANSWER: a

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL COON 24.1.2 - Describe the nature of sleep patterns and how the amount of daily sleep changes as one ages.

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:09 PM

70. If you suffered a couple of days of sleep deprivation, which of the following would most likely occur?

- a. hallucinations and delusions
- b. loss of ability to pay attention and perform simple routine tasks
- c. loss of ability to do interesting and complex mental tasks
- d. decreased pain sensitivity

ANSWER: b
POINTS: 1
DIFFICULTY: Difficult
REFERENCES: Functions of Sleep-Catching a Few ZZZs
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.1.2 - Describe the nature of sleep patterns and how the amount of daily sleep changes as one ages.
KEYWORDS: Concept
DATE CREATED: 12/6/2016 12:07 AM
DATE MODIFIED: 12/12/2016 5:48 PM

71. You are struggling to stay awake while driving and realize that you may have “dozed off” for a few seconds. This shift in your brain activity is called

- a. a sleep spindle.
- b. a microsleep.
- c. somnambulism.
- d. a sensory deprivation.

ANSWER: b
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Functions of Sleep-Catching a Few ZZZs
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.1.3 - Describe the four stages of NREM sleep.
KEYWORDS: Application
DATE CREATED: 12/6/2016 12:07 AM
DATE MODIFIED: 12/12/2016 5:48 PM

72. If you are sleeping fewer hours than your natural sleep need, then you

- a. are at risk for developing chronic sleep deprivation psychosis.
- b. have trained yourself to be a short sleeper.
- c. are building a sleep debt.
- d. most likely have chronic insomnia that needs to be treated.

ANSWER: c
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Functions of Sleep-Catching a Few ZZZs
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.1.4 - Explain the association between periods of REM sleep and dreaming.
KEYWORDS: Concept
DATE CREATED: 12/6/2016 12:07 AM
DATE MODIFIED: 12/12/2016 5:48 PM

73. Frenchman Michel Siffre has spent months at a time living in caves deep underground without the usual external markers of night and day. He found that without these markers, his sleep cycles tended to

- a. stay exactly the same as his sleep cycle at home.
- b. get longer with one stay settling into a 48-hour sleep-waking cycle.
- c. get shorter with most stays settling into a 20-hour sleep-waking cycle.
- d. become erratic with his sleep-waking cycles ranging from a short 20 hours to a longer 36-hour cycle.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages—The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.1.2 - Describe the nature of sleep patterns and how the amount of daily sleep changes as one ages.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

74. Throughout the lifespan, total sleep time

- a. decreases as we get older.
- b. increases as we get older.
- c. decreases between ages 25 and 50, then increases after age 50.
- d. remains the same.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages—The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.1.2 - Describe the nature of sleep patterns and how the amount of daily sleep changes as one ages.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:12 PM

75. What is the natural sleep pattern ratio regarding time awake to time asleep?

- a. one to one
- b. two to one
- c. three to one
- d. undetermined

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages—The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.1.2 - Describe the nature of sleep patterns and how the amount of daily sleep changes as one ages.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

76. Which brain waves are associated with being awake and alert?

- a. alpha waves
- b. beta waves
- c. delta waves
- d. EEG waves

ANSWER: b

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.1 - Explain what physiologically controls sleep; and describe the characteristics of the four stages of sleep, including the different brain wave patterns and behaviors shown during each.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:15 PM

77. In sleep labs, changes in tiny electrical signals generated by the brain are usually amplified and recorded with

- a. electroencephalography.
- b. magnetic resonance imaging.
- c. positron emission tomography.
- d. computed tomographic scanning.

ANSWER: a

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.1 - Explain what physiologically controls sleep; and describe the characteristics of the four stages of sleep, including the different brain wave patterns and behaviors shown during each.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

78. Which waves are characteristic of Stage 1 or light sleep?

- a. beta waves

- b. large regular waves with some sleep spindles
- c. small irregular waves with some alpha waves
- d. delta waves

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.1 - Explain what physiologically controls sleep; and describe the characteristics of the four stages of sleep, including the different brain wave patterns and behaviors shown during each.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

79. Sleep spindles are short bursts of brain activity generated by the

- a. amygdala.
- b. thalamus.
- c. reticular formation.
- d. corpus callosum.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.1 - Explain what physiologically controls sleep; and describe the characteristics of the four stages of sleep, including the different brain wave patterns and behaviors shown during each.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

80. An hour after you go to sleep, a loud noise awakens you. You emerge from sleep confused and do not remember the noise. You were in which stage of sleep?

- a. Stage 1
- b. Stage 2
- c. Stage 3
- d. Stage 4

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.1 - Explain what physiologically controls sleep; and describe the characteristics of the four stages of sleep, including the different brain wave patterns and behaviors shown during each.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

81. Research suggests that the two most basic states of sleep are

- a. alpha sleep and beta sleep.
- b. light sleep and deep sleep.
- c. REM sleep and non-REM sleep.
- d. REM sleep and paradoxical sleep.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages--The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.5 - Discuss the dual process hypothesis regarding the general functions of the two basic states of sleep (REM and NREM).

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

82. Which of the following sleep phenomena could be detected without the aid of an EEG machine?

- a. Stage 2 sleep
- b. REM sleep
- c. Stage 3 sleep
- d. sleep spindles

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages--The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.5 - Discuss the dual process hypothesis regarding the general functions of the two basic states of sleep (REM and NREM).

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

83. When a person has been deprived of REM sleep for several nights, they will experience which of the following when they subsequently get a night of uninterrupted sleep?

- a. REM rebound
- b. a greater amount of time spent in Stage 4 sleep

- c. an increased risk of night terrors
- d. sleep apnea

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.6 - Explain the specific characteristics and functions of NREM sleep; and explain how NREM affects overall brain activation.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

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84. Physical exertion tends to increase

- a. REM sleep.
- b. NREM sleep.
- c. hypersomnia.
- d. nightmares.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Functions of Sleep-Catching a Few ZZZs

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.6 - Explain the specific characteristics and functions of NREM sleep; and explain how NREM affects overall brain activation.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

85. Regarding REM sleep, which of the following statements is FALSE?

- a. After studying for a long period, you will remember more if you do not sleep since REM sleep decreases memory formation.
- b. Brain areas associated with imagery and emotion become significantly more active during REM sleep.
- c. All mammals show REM sleep, but reptiles show no signs of REM sleep.
- d. For adults, REM periods add up to about 20 percent of total sleep time.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.7 - Discuss the functions of REM sleep and dreaming; identify which animals show REM sleep and which do not; explain how dreams during REM sleep differ from

NREM thoughts and images; and describe what happens to the body as a person dreams and what happens when a person experiences REM behavior disorder and hypnopompic hallucinations.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

86. Which of the following occurs during REM sleep?

- a. irregular heart rate and blood pressure
- b. delta waves
- c. increased voluntary muscle movement
- d. sleepwalking

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.7 - Discuss the functions of REM sleep and dreaming; identify which animals show REM sleep and which do not; explain how dreams during REM sleep differ from NREM thoughts and images; and describe what happens to the body as a person dreams and what happens when a person experiences REM behavior disorder and hypnopompic hallucinations.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

87. While dreaming, your partner acts out his dream and physically attacks you. Your partner is suffering from

- a. hypersomnolence disorder.
- b. REM sleep behavior disorder.
- c. narcolepsy.
- d. sleep apnea.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.7 - Discuss the functions of REM sleep and dreaming; identify which animals show REM sleep and which do not; explain how dreams during REM sleep differ from NREM thoughts and images; and describe what happens to the body as a person dreams and what happens when a person experiences REM behavior disorder and hypnopompic hallucinations.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

88. Which of the following sleep disturbances has the correct description?

- a. hypersomnolence disorder: a failure of normal muscle paralysis, leading to violent actions during REM sleep

- b. nightmare disorder: repeated occurrence of night terrors that significantly disturb sleep
- c. insomnia: difficulty in staying asleep and not feeling rested after sleeping
- d. REM sleep behavior disorder: sudden, irresistible daytime sleep attacks that last from a few minutes to a half hour

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

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89. In which sleep disturbance do people have an irresistible urge to move their legs to relieve sensations of creeping, tingling, prickling, aching, or tension?

- a. hypnic jerk syndrome
- b. somnambulism
- c. restless legs syndrome
- d. narcolepsy

ANSWER: c

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Sleep Troubles-The Sleepy Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

90. Temporary insomnia is most often caused by

- a. the use of non-prescription sleeping pills.
- b. worry, stress, and excitement.
- c. the use of prescribed sedatives.
- d. eating starchy foods before going to bed.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

91. According to research on the use of sleeping pills to treat insomnia, which of the following statements is FALSE?

- a. Nonprescription sleeping pills have little sleep-inducing effects.
- b. Prescription sedatives increase Stage 4 sleep and REM sleep.
- c. The use of prescription sedatives can lead to drug-dependency insomnia.
- d. Newer drugs, such as Ambien and Lunesta, can induce sleep but can also cause amnesia, depression, and sleepwalking.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

92. Sleep specialists prefer to treat insomnia with

- a. lifestyle changes and behavioral techniques.
- b. nonprescription sleeping pills such as Sominex, Nytol, and Sleep-Eze.
- c. barbiturates or other prescription sedatives.
- d. newer drugs, such as Ambien and Lunesta.

ANSWER: a

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

93. According to research done on sleep restriction, if one misses an entire night's sleep, it is best to

- a. sleep late the next morning.
- b. nap during the day for more than an hour.
- c. restrict sleep to normal bedtime hours.
- d. go to bed early the following night.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

94. People with insomnia can lower their arousal level before sleep by doing all of the following EXCEPT

- a. using progressive muscle relaxation.
- b. using meditation or blotting out worries with calming images.
- c. writing down worries or concerns and planning what to do about them the next day.
- d. engaging in strenuous exercise one to two hours before bedtime.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

95. Larry is having trouble going to sleep. Which food would NOT be recommended for him to eat or drink if he wanted to increase his intake of tryptophan?

- a. a baked potato
- b. pasta
- c. a cup of tea

d. dry cereal

ANSWER:

c

POINTS:

1

DIFFICULTY:

Moderate

REFERENCES:

Sleep Troubles-The Sleep Time Blues

QUESTION TYPE:

Multiple Choice

HAS VARIABLES:

False

LEARNING OBJECTIVES:

PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS:

Application

DATE CREATED: 12/6/2016 12:07 AM

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96. Regarding sleepwalkers, which of the following statements is FALSE?

- a. The sleepwalker's eyes are usually closed.
- b. The sleepwalker usually has a blank face and shuffles his or her feet.
- c. Awakening a sleepwalker does no harm, but it is not necessary.
- d. Sleepwalkers have been known to play a musical instrument, drive a car, or cook while asleep.

ANSWER:

a

POINTS:

1

DIFFICULTY:

Moderate

REFERENCES:

Sleep Troubles-The Sleep Time Blues

QUESTION TYPE:

Multiple Choice

HAS VARIABLES:

False

LEARNING OBJECTIVES:

PMAL_COON_2018_24.3.2 - Discuss Hobson and McCarley's activation-synthesis model of dreaming and its explanation of dream content.

KEYWORDS:

Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

97. Which of the following is the term used to describe someone who is actually sleeping while attempting to have sex with another person?

- a. sexsomnia
- b. somnambulism
- c. hypnopompic sexuality
- d. cataplexic sex

ANSWER:

a

POINTS:

1

DIFFICULTY:

Easy

REFERENCES:

Sleep Troubles-The Sleep Time Blues

QUESTION TYPE:

Multiple Choice

HAS VARIABLES:

False

LEARNING OBJECTIVES:

PMAL_COON_2018_24.3.2 - Discuss Hobson and McCarley's activation-synthesis model of dreaming and its explanation of dream content.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:23 PM

98. Frequently occurring nightmares of one a week or more are associated with

- a. the occurrence of night terrors.
- b. children and adolescents.
- c. adults who are middle-aged or older.
- d. higher levels of psychological distress.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

99. Regarding night terrors, which of the following statements is FALSE?

- a. Night terrors occur during NREM sleep, usually Stage 4.
- b. People who have night terrors vividly remember the frightening images.
- c. During a night terror, the person may sit up, scream, or run around the room.
- d. Night terrors are most common in childhood but are not uncommon in adulthood.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:24 PM

100. Imagery rehearsal is a

- a. technique to alter consciousness.
- b. state of REM sleep.
- c. technique for eliminating nightmares.

- d. technique for avoiding sleep attacks.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

101. Which of the following is a technique for eliminating nightmares that involves making the upsetting dream familiar while the person is awake as well as "mentally re-programming" future dream content?

- a. imagery rehearsal
- b. stimulus control
- c. the paradoxical intention
- d. activation-synthesis

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

102. Which of the following has NOT been found helpful in eliminating nightmares?

- a. writing down the nightmare
- b. changing the dream the way you wish
- c. mentally rehearsing the dream you want
- d. decreasing your amount of sleep time

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

103. Sleep apnea refers to

- a. vivid recurrent nightmares.
- b. a breathing problem during sleep.
- c. excessive daytime sleepiness.
- d. sudden sleep attacks.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.4.4 - Discuss sleep apnea, including its symptoms, its causes, and its treatments; and explain how sleep apnea can also result in insomnia and daytime hypersomnia.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

104. Nat is a middle-aged man who stops breathing in his sleep, awakens slightly to gulp in air, then goes back to sleep. This cycle is repeated throughout the night. Nat is suffering from

- a. narcolepsy.
- b. sleep apnea.
- c. somnambulism.
- d. REM behavior disorder.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.4.4 - Discuss sleep apnea, including its symptoms, its causes, and its treatments; and explain how sleep apnea can also result in insomnia and daytime hypersomnia.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

105. Regarding sleep apnea, which of the following statements is FALSE?

- a. Sleep apnea victims are extremely sleepy during the day due to the hundreds of apnea episodes that occur during the night.
- b. Sleep apnea may occur because the brain stop sending signals to the diaphragm to maintain breathing.

- c. Sleep apnea may be caused by the blockage of the upper air passages.
- d. Sleep apnea is often treated using stimulus control and sleep restriction techniques.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.4.4 - Discuss sleep apnea, including its symptoms, its causes, and its treatments; and explain how sleep apnea can also result in insomnia and daytime hypersomnia.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

106. Which of the following is NOT a danger signal for SIDS?

- a. an infant snores and holds its breath.
- b. The baby is premature and has a shrill, high-pitched cry.
- c. The baby is placed on its back to sleep.
- d. Baby remains passive when its face rolls into a pillow or blanket.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.4.5 - Explain the connection between sleep apnea and sudden infant death syndrome (SIDS); identify the various risk factors for SIDS; and describe several preventative measures that can lower the risk for SIDS.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:25 PM

107. The sleep attacks and paralysis of individuals with narcolepsy appear to occur when

- a. a person is experiencing hypnopompic hallucinations.
- b. a person is experiencing microsleeps.
- c. REM sleep intrudes into the waking state.
- d. NREM stage 4 sleep intrudes into the waking state.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.4.6 - Describe the symptoms and causes of narcolepsy and cataplexy.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

108. Regarding narcolepsy, which of the following statements is FALSE?

- a. Emotional excitement, especially laughter, commonly triggers narcolepsy.
- b. Many victims of narcolepsy also suffer from cataplexy.
- c. People with narcolepsy tend to fall directly into Stage 4 NREM sleep.
- d. Narcolepsy is rare, but runs in families, which suggests that it is hereditary.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.4.6 - Describe the symptoms and causes of narcolepsy and cataplexy.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

109. Concerning dreaming, which of the following statements is TRUE?

- a. REM sleep happens before Stage 4 NREM sleep.
- b. Dreams typically occur during REM sleep.
- c. Most people dream one or two times a night, some almost never dream.
- d. People typically report vivid dreams after consuming large quantities of alcohol.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages-The Nightly Roller Coaster

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:27 PM

110. REM sleep is paradoxical in the sense that

- a. people often “act out” their dreams while sleepwalking.
- b. brain activity during REM sleep resembles that when one is awake.
- c. dream content often predicts future events.
- d. one’s eyes move, but the rest of one’s body remains motionless.

ANSWER: b

POINTS: 1
DIFFICULTY: Easy
REFERENCES: Sleep Patterns and Stages-The Nightly Roller Coaster
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:07 AM
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111. Marta has recently divorced her husband of 15 years after he moved out to be with his much younger girlfriend. During the past two weeks, Marta has dreamed that she was a young princess being pursued by many suitors. According to Freud's psychodynamic theory, Marta's dream would be considered

- a. an expression of her ideal self.
- b. wish fulfillment.
- c. a synthesis of random neurological activations.
- d. a striving for self-actualization.

ANSWER: b
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Dreams-A Separate Reality?
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.
KEYWORDS: Application
DATE CREATED: 12/6/2016 12:07 AM
DATE MODIFIED: 12/12/2016 5:48 PM

112. At the center of the activation-synthesis hypothesis of dreaming is the need to

- a. give expression to unfulfilled wishes.
- b. provide an outlet for repressed thoughts.
- c. provide explanations for physiological activity.
- d. exhibit socially acceptable behavior.

ANSWER: c
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Dreams-A Separate Reality?
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.2 - Discuss Hobson and McCarley's activation-synthesis model of dreaming and its explanation of dream content.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:48 PM

113. Although each dream theory has strengths and weaknesses, studies of dream content have shown a continuity between dreams and waking thought, which supports the

- a. psychodynamic theory of dreaming.
- b. neurocognitive dream theory.
- c. activation-synthesis hypothesis.
- d. Gestalt dream theory.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Dreams-A Separate Reality?

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 12/12/2016 5:49 PM

114. Which theory assumes that dream content reflects one's unconscious internal conflicts, motives, and desires?

- a. the psychodynamic dream theory
- b. the activation-synthesis hypothesis
- c. the neurocognitive dream theory
- d. the memory consolidation theory

ANSWER: a

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Dreams-A Separate Reality?

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:07 AM

DATE MODIFIED: 8/2/2018 3:34 PM

115. Some people can learn very complex tasks while asleep, such as learning a foreign language.

- a. True
- b. False

ANSWER: False

POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.1.1 - Contrast the need for sleep among various animals; describe the characteristics of this innate biological rhythm known as sleep; and explain what skills can and cannot be performed while asleep.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

116. If you go without sleep for 32 hours, you will need to sleep 32 hours straight to recover completely.

- a. True
- b. False

ANSWER: False
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.1.2 - Describe the nature of sleep patterns and how the amount of daily sleep changes as one ages.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

117. Humans as well as other animals, such as dogs, cats, and rats, all experience microsleeps.

- a. True
- b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Easy
REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.1.3 - Describe the four stages of NREM sleep.
KEYWORDS: Fact
OTHER: * (New Question)
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

118. Night terrors and sleepwalking occur during REM sleep.

- a. True
- b. False

ANSWER: False

POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Sleep Troubles-The Sleep Time Blues
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.2 - Discuss Hobson and McCarley's activation-synthesis model of dreaming and its explanation of dream content.
PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

119. Most people dream about four or five times a night, with the dreams spaced 90 minutes apart.

- a. True
- b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Dreams-A Separate Reality?
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

120. According to the activation-synthesis hypothesis, the cortex of the brain combines random brain activity into stories and visual images that form your dreams.

- a. True
- b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Dreams-A Separate Reality?
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.2 - Discuss Hobson and McCarley's activation-synthesis model of dreaming and its explanation of dream content.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

121. During the teen years, rapid physical changes during puberty increase the need for sleep, while overall sleep time decreases, resulting in most adolescents experiencing excessive daytime sleepiness known as _____.

ANSWER: hypersomnia

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Functions of Sleep-Catching a Few ZZZs

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.1.2 - Describe the nature of sleep patterns and how the amount of daily sleep changes as one ages.

KEYWORDS: Concept

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:08 AM

DATE MODIFIED: 12/12/2016 5:49 PM

122. Arthur has been driving for almost ten hours straight, and he is tired and drowsy. He momentarily falls asleep for a few seconds. Arthur has experienced a(n) _____.

ANSWER: microsleep

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Functions of Sleep-Catching a Few ZZZs

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.1.3 - Describe the four stages of NREM sleep.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:08 AM

DATE MODIFIED: 12/12/2016 5:49 PM

123. Lowering body and brain activity and metabolism during sleep may help conserve energy and lengthen life, according to the _____ theories of sleep.

ANSWER: repair/restorative
repair-restorative

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Functions of Sleep-Catching a Few ZZZs

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.1 - Explain what physiologically controls sleep; and describe the characteristics of the four stages of sleep, including the different brain wave patterns and behaviors shown during each.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:08 AM

DATE MODIFIED: 8/2/2018 3:37 PM

124. Short bursts of brain activity in Stage 2 sleep are called _____.

ANSWER: sleep spindles
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Sleep Patterns and Stages--The Nightly Roller Coaster
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.2.1 - Explain what physiologically controls sleep; and describe the characteristics of the four stages of sleep, including the different brain wave patterns and behaviors shown during each.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

125. Aaron is trying to go to sleep, so he keeps his eyes wide open (in the dark) and stays awake as long as possible. This will allow sleep to overtake him unexpectedly and lowers his performance anxiety through a technique known as the _____.

ANSWER: paradoxical intention
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Sleep Troubles-The Sleep Time Blues
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.
KEYWORDS: Application
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

126. Some physicians believe that SIDS, or crib death, may be caused by the sleep disorder known as _____.

ANSWER: sleep apnea
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Sleep Troubles-The Sleep Time Blues
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.4.5 - Explain the connection between sleep apnea and sudden infant death syndrome (SIDS); identify the various risk factors for SIDS; and describe several preventative measures that can lower the risk for SIDS.
KEYWORDS: Concept
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

127. The tendency to dream more than usual after a period of REM sleep deprivation is called _____.

ANSWER: REM rebound
POINTS: 1

DIFFICULTY: Moderate
REFERENCES: Dreams-A Separate Reality?
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:08 AM
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128. In order for Freud to analyze the hidden, symbolic meaning of his patients' dreams, he would have his patients remember and retell the obvious, visible parts of their dreams known as the _____ content.

ANSWER: manifest
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Dreams-A Separate Reality?
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.
KEYWORDS: Concept
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

129. Most dreams reflect ordinary waking concerns because the brain areas that are active when we are awake remain active during dreaming, according to the _____ dream theory.

ANSWER: neurocognitive
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Dreams-A Separate Reality?
QUESTION TYPE: Completion
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.
KEYWORDS: Concept
OTHER: * (New Question)
DATE CREATED: 12/6/2016 12:08 AM
DATE MODIFIED: 12/12/2016 5:49 PM

130. Concerning the need for sleep, (a) describe the average range and the differences in short and long sleepers' total hours of sleep per night, (b) explain why adolescents need more sleep and why they tend to show hypersomnia, and (c) describe how aging affects the sleep patterns of adults.

ANSWER: Answer (a) will include that the average number of hours of sleep is seven to eight hours with short sleepers showing an average of five hours and long sleepers averaging nine hours. Answer (b) will include that the rapid growth and physical changes during puberty increase the need for sleep but the quality and quantity of sleep time tends to decrease during the teen years as they try to stay up late and then show excessive daytime sleepiness, or hypersomnia, at school. Answer (c) will include that older people rarely get the sleep they need with those over age 50 averaging only six hours.

POINTS: 6

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.1.2 - Describe the nature of sleep patterns and how the amount of daily sleep changes as one ages.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:08 AM

DATE MODIFIED: 12/12/2016 5:49 PM

131. Your psychology instructor states that during a night of sleep, a person goes through cycles of light and deep sleep, while also experiencing bodily changes. Using a description of the stages of NREM and REM, describe a night of sleep, including the type of brain waves present and the characteristics of each NREM stage and the characteristics of REM sleep.

ANSWER: Answer will include that the two most basic states of sleep are non-REM (NREM) sleep, which occurs during Stages 1, 2, 3, and 4, and REM sleep, with its associated dreaming. NREM sleep is dream free about 90 percent of the time and is deepest early in the night during the first few Stage 4 periods. Your first period of Stage 1 sleep also usually lacks REMs and dreams. Later Stage 1 periods typically include a shift into REM sleep. As you begin the process of going to sleep, your eyes close, breathing becomes slow and regular, the pulse rate slows, and body temperature drops. Soon after, the four separate NREM sleep stages occur. NREM Stage 1: As you enter light sleep, your heart rate slows even more. Breathing becomes more irregular. The muscles of your body relax. This may trigger a reflex muscle twitch called a hypnic jerk. In Stage 1 sleep the EEG is made up mainly of small, irregular waves with some alpha. Persons awakened at this time may or may not say they were asleep. NREM Stage 2: As sleep deepens, body temperature drops further. Also, the EEG begins to include sleep spindles, which are short bursts of distinctive brain-wave activity. Spindles seem to mark the true boundary of sleep. Within four minutes after spindles appear, most people will say they were asleep. NREM Stage 3: In Stage 3, a new brain wave called delta begins to appear. Delta waves are very large and slow. They signal a move to deeper sleep and a further loss of consciousness. NREM Stage 4: Most people reach deep sleep in about an hour. Stage 4 brain waves are almost pure delta and the sleeper is in a state of oblivion. If awakened in this stage, the sleeper will wake up in a state of confusion and may not remember what awakened them. Fluctuations in sleep hormones cause recurring cycles of deeper and lighter sleep throughout the night. During these repeated periods of lighter sleep, the sleeper's eyes occasionally move under the eyelids. Rapid eye movements (REMs) are associated with dreaming. In addition, REM sleep is marked by a return of fast, irregular EEG patterns similar to Stage 1 sleep. In fact, the brain is so active during REM sleep that it looks as if the person is awake. REM sleep (dream sleep) is a time of high emotion. The heart beats irregularly. Blood pressure and breathing waver. Both males and females appear to be sexually aroused with males usually having an erection and genital blood flow increasing in women. During REM sleep the body becomes quite still, as if you were paralyzed, which keeps one from acting out their dreams.

POINTS: 12

DIFFICULTY: Moderate

REFERENCES: Sleep Patterns and Stages–The Nightly Roller Coaster

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.2.1 - Explain what physiologically controls sleep; and describe the characteristics of the four stages of sleep, including the different brain wave patterns and behaviors shown during each.
PMAL_COON_2018_24.2.6 - Explain the specific characteristics and functions of NREM sleep; and explain how NREM affects overall brain activation.
PMAL_COON_2018_24.2.7 - Discuss the functions of REM sleep and dreaming; identify which animals show REM sleep and which do not; explain how dreams during REM sleep differ from NREM thoughts and images; and describe what happens to the body as a person dreams and what happens when a person experiences REM behavior disorder and hypnopompic hallucinations.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:08 AM

DATE MODIFIED: 12/12/2016 5:49 PM

132. Your college roommate is experiencing insomnia. Explain some changes she could make in her life as well as some techniques she could use to get a “good night’s sleep.”

ANSWER: Answer will include a description of some of the following behavioral remedies:
(1) Stimulus control, that is, associating the bed with sleeping, not studying or watching TV, will help to establish a regular schedule for sleeping.
(2) Sleep restriction, that is, restricting sleep to normal bedtime hours, helps avoid fragmenting sleep rhythms.
(3) Paradoxical intention, that is, trying to keep the eyes open (in the dark) and stay awake as long as possible, will allow sleep to come unexpectedly and lower performance anxiety.
(4) Relaxation through progressive muscle relaxation will help lower arousal before sleep.
(5) Strenuous exercise during the day (not before bedtime) promotes sleep.
(6) Eating starchy foods increases the amount of tryptophan, which increases serotonin, which is associated with relaxation and sleepiness.
(7) Avoid stimulants, especially close to bedtime.

POINTS: 10

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles–The Sleep Time Blues

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL COON 2016 24.4.1 - List the factors that contribute to sleep problems in American society; identify the general symptoms of the sleep disturbances listed in Table 24.1; and discuss the three types of insomnia, including their causes, the effectiveness of sleeping pills, and the seven behavioral remedies used to treat chronic insomnia.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:08 AM

DATE MODIFIED: 12/12/2016 5:49 PM

133. Discuss sudden infant death syndrome (SIDS), including its prevalence, its cause, the typical characteristics of babies who die from it, risk factors for SIDS, and ways it can be prevented.

ANSWER: Answer will include that sleep apnea is suspected as one cause of sudden infant death syndrome (SIDS), or “crib death.” In the “typical” crib death, a slightly premature or small baby with some signs of a cold or cough is bundled up and put to bed. A short time later, parents find the child has died. A baby deprived of air will normally struggle to begin breathing again. However, SIDS babies seem to have a weak arousal reflex. This prevents them from changing positions and resuming breathing after an episode of apnea. SIDS is the leading cause of death in children between one month and one year of age. Babies at risk for SIDS must be carefully watched for the first six months of life. To aid parents in this task, a special monitor may be used that sounds an alarm when breathing or

pulse becomes weak. Babies at risk for SIDS are often premature; have a shrill, high-pitched cry; engage in “snoring,” breath-holding, or frequent awakening at night; breathe mainly through an open mouth; or remain passive when their face rolls into a pillow or blanket. Sleeping position is another major risk factor for SIDS. Healthy infants are best off sleeping on their backs. Sides are not as good but much better than face down. Premature babies, those with respiratory problems, and those who often vomit may need to sleep face down, which can be determined by asking one's pediatrician for guidance.

POINTS: 10

DIFFICULTY: Moderate

REFERENCES: Sleep Troubles-The Sleep Time Blues

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.4.5 - Explain the connection between sleep apnea and sudden infant death syndrome (SIDS); identify the various risk factors for SIDS; and describe several preventative measures that can lower the risk for SIDS.

KEYWORDS: Concept

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:08 AM

DATE MODIFIED: 12/12/2016 5:49 PM

134. Contrast the activation-synthesis hypothesis with the neurocognitive dream theory and include the names of the theorists who proposed each theory and whether or not each is supported by research.

ANSWER: Answer will include that according to Hobson and McCarley's activation-synthesis hypothesis, several parts of the brain are activated during REM sleep. This triggers sensations, motor commands, and memories. The cortex of the brain, which also becomes more active during REM sleep, synthesizes this activity into stories and visual images. However, frontal areas of the cortex, which control higher mental abilities, are mostly shut down during REM sleep. This explains why dreams are more primitive and more bizarre than daytime thoughts. Viewed this way, dreams are merely a different type of thinking that occurs during sleep. According to William Domhoff's neurocognitive dream theory, dreams actually have much in common with waking thoughts and emotions. Domhoff believed that most dreams reflect ordinary waking concerns because many brain areas that are active when we are awake remain active during dreaming. From this perspective, dreams are a conscious expression of REM sleep processes that are sorting and storing daily experiences. Each theory has strengths and weaknesses. However, studies of dream content tend to support neurocognitive theory's focus on the continuity between dreams and waking thought, since most dreams reflect everyday events rather than exotic or bizarre content. However, when dreams contain bizarre and unexplained content, such as when you dream you are flying or floating in the air, these dreams tend to support the activation-synthesis hypothesis.

POINTS: 8

DIFFICULTY: Moderate

REFERENCES: Dreams-A Separate Reality?

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_24.3.2 - Discuss Hobson and McCarley's activation-synthesis model of dreaming and its explanation of dream content.
PMAL_COON_2018_24.3.3 - Discuss Domhoff's neurocognitive theory of dreams and how it is related to the sorting and storing of daily experiences; identify the theory of dreams that research studies tend to support; and describe the most common characteristics of dream content regarding the people, settings, and actions found within dreams.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:08 AM

DATE MODIFIED: 12/12/2016 5:49 PM

135. Psychoactive drugs can be placed on a scale ranging from

- a. addiction to withdrawal.
- b. dependency to addiction.
- c. stimulation to depression.
- d. hallucinogenic to analgesic.

ANSWER: c

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.1 - Define the term psychoactive drug; explain how psychoactive drugs can be placed on a scale ranging from stimulation to depression; and describe the different ways that specific drugs influence the activity of brain cells.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

136. Since their principal characteristic is their mind-altering quality, LSD, mescaline, and marijuana are classified as

- a. amphetamines.
- b. uppers.
- c. downers.
- d. hallucinogens.

ANSWER: d

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.1 - Define the term psychoactive drug; explain how psychoactive drugs can be placed on a scale ranging from stimulation to depression; and describe the different ways that specific drugs influence the activity of brain cells.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

137. Jacob has taken Ecstasy. The activity within his brain will increase because this drug

- a. causes more neurotransmitters to be released.
- b. will prolong the action of certain neurotransmitters.
- c. will directly stimulate brain cells by mimicking specific neurotransmitters in the brain.
- d. will fill receptor sites on brain cells and block incoming messages.

ANSWER: a

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.1 - Define the term psychoactive drug; explain how psychoactive drugs can be placed on a scale ranging from stimulation to depression; and describe the different ways that specific drugs influence the activity of brain cells.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

138. Which of the following drugs affects certain types of brain cells that cause relaxation and relieve anxiety?

- a. alcohol
- b. cocaine
- c. ecstasy
- d. LSD

ANSWER: a

POINTS: 1

DIFFICULTY: Difficult

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.1 - Define the term psychoactive drug; explain how psychoactive drugs can be placed on a scale ranging from stimulation to depression; and describe the different ways that specific drugs influence the activity of brain cells.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

139. Addictive drugs do all of the following EXCEPT

- a. cause the neurotransmitter acetylcholine to be released, resulting in intensified feelings of fear and paranoia.
- b. activate brain-reward pathways creating a compulsion to repeat the drug experience.
- c. stimulate a brain region called the nucleus accumbens to release dopamine.
- d. physically change the brain's reward circuitry, making it harder for the addict to overcome his or her addiction.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.3 - Explain why psychoactive drugs are highly prone to abuse and identify which area of the brain that nearly all addictive drugs stimulate; discuss why people often seek drug experiences and why adolescents are especially susceptible to addiction; and list the best predictors of adolescent drug use and abuse.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:49 AM

140. Regarding the abuse of drugs, which of the following statements is FALSE?

- a. If a person merely feels briefly better after taking a drug, his or her drug taking will not become compulsive.
- b. Many drug abusers turn to drugs in a self-defeating attempt to cope with life.
- c. Antisocial behavior, school failure, and risky sexual behavior are commonly associated with drug abuse.
- d. The combination of immediate pleasure and delayed punishment allow abusers to feel good on demand.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.3 - Explain why psychoactive drugs are highly prone to abuse and identify which area of the brain that nearly all addictive drugs stimulate; discuss why people often seek drug experiences and why adolescents are especially susceptible to addiction; and list the best predictors of adolescent drug use and abuse.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

141. The presence of a drug tolerance and withdrawal symptoms is indicative of

- a. polydrug abuse.
- b. a physical dependence.
- c. an emotional dependence.
- d. a psychological dependence.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.4 - Differentiate physical dependence (addiction) from psychological dependence; explain how drug tolerance and withdrawal symptoms are related to addiction; and identify which drugs are likely to create each type of dependence.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

142. After smoking a pack of cigarettes each day for over ten years, Jackie decided to quit. Unfortunately, she got bad headaches, felt tired, and experienced mood swings. These physical changes are known as _____ symptoms.

- a. tolerance
- b. addiction
- c. withdrawal
- d. dependency

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.4 - Differentiate physical dependence (addiction) from psychological dependence; explain how drug tolerance and withdrawal symptoms are related to addiction; and identify which drugs are likely to create each type of dependence.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

143. Carolyn likes to have her morning cup of coffee. Having this cup of coffee each morning helps her to maintain feelings of well-being; thus, Carolyn has

- a. a psychological dependence.
- b. a physical dependence.
- c. an addiction.
- d. built-up a tolerance to caffeine.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.4 - Differentiate physical dependence (addiction) from psychological dependence; explain how drug tolerance and withdrawal symptoms are related to addiction; and identify which drugs are likely to create each type of dependence.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

144. According to your textbook, a physical dependence occurs with which of the following drugs?

- a. alcohol
- b. cocaine
- c. nicotine
- d. all of these

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.4 - Differentiate physical dependence (addiction) from psychological dependence; explain how drug tolerance and withdrawal symptoms are related to addiction; and identify which drugs are likely to create each type of dependence.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

145. According to your textbook, the drugs that are classified as addictive sedative-hypnotics include which of the following?

- a. nicotine
- b. alcohol
- c. LSD
- d. marijuana

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.4 - Differentiate physical dependence (addiction) from psychological dependence; explain how drug tolerance and withdrawal symptoms are related to addiction; and identify which drugs are likely to create each type of dependence.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 8/2/2018 3:39 PM

146. Kim only has one or two alcoholic drinks when she goes out to a restaurant with her friends a few times a month. Kim's pattern of drug-taking behavior would be classified as

- a. experimental.
- b. compulsive.
- c. situational.
- d. social-recreational.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.2 - Discuss the following patterns of drug use: experimental, social-recreational, situational, intensive, and compulsive; identify which patterns are most often associated with drug abuse; and describe what is meant by polydrug abuse.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

147. Regarding drug-taking behavior, which of the following statements is FALSE?

- a. Some drugs have a higher potential for abuse than others.
- b. Short-term drug use based on curiosity is classified as social-recreational use.
- c. The abuse of more than one drug at the same time is referred to as polydrug use.
- d. Some people remain social drinkers for life, whereas others become alcoholics within weeks of taking their first drink.

ANSWER: b

POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Drug-Altered Consciousness-The High and Low of It
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.1.2 - Discuss the following patterns of drug use: experimental, social-recreational, situational, intensive, and compulsive; identify which patterns are most often associated with drug abuse; and describe what is meant by polydrug abuse.
KEYWORDS: Concept
OTHER: * (New Question)
DATE CREATED: 12/6/2016 12:49 AM
DATE MODIFIED: 12/12/2016 5:49 PM

148. Fatal drug overdoses are often due to:
- allergic reactions that occur during experimental consumption.
 - interactions resulting from polydrug use.
 - diminished tolerance that occurs after prolonged use.
 - negligence of a pharmacist or physician.

ANSWER: b
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Drug-Altered Consciousness-The High and Low of It
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.1.2 - Discuss the following patterns of drug use: experimental, social-recreational, situational, intensive, and compulsive; identify which patterns are most often associated with drug abuse; and describe what is meant by polydrug abuse.
KEYWORDS: Concept
OTHER: * (New Question)
DATE CREATED: 12/6/2016 12:49 AM
DATE MODIFIED: 8/2/2018 3:42 PM

149. Adderall and Ritalin are both mixes of amphetamines and are used to treat
- hypersomnia and sleep apnea.
 - obsessive compulsive disorder.
 - schizophrenia and other psychotic disorders.
 - attention deficit/hyperactivity disorder (ADHD).

ANSWER: d
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms

of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

150. A long-distance truck driver who abuses a drug in order to stay awake for long hours would probably be an abuser of

- a. PCP.
- b. amphetamines.
- c. benzodiazepines.
- d. GHB.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:49 AM

DATE MODIFIED: 12/12/2016 5:49 PM

151. For several weeks, Garrett has been taking increasing amounts of "crystal meth." If Garrett continues taking this drug, he is at risk for developing

- a. delirium tremors.
- b. hypnagogic delusions.
- c. amphetamine psychosis.
- d. panic attacks.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:50 AM

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152. Which of the following is a powerful central nervous stimulant that produces feelings of alertness, euphoria, well-being, power, boundless energy, and pleasure and goes by the street names of "snow," "blow," and "snuff"?

- a. GHB

- b. LSD
- c. cocaine
- d. heroin

ANSWER:

c

POINTS:

1

DIFFICULTY:

Moderate

REFERENCES:

Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES:

PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS:

Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

153. With cocaine use, the chemical messenger called noradrenaline is increased leading to brain arousal, while the "rush" of pleasure results from the increase in

- a. dopamine.
- b. acetylcholine.
- c. histamine.
- d. THC.

ANSWER:

a

POINTS:

1

DIFFICULTY:

Moderate

REFERENCES:

Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES:

PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS:

Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

154. Mona has been abusing cocaine and now suffers from an inability to feel pleasure. This condition is called

- a. hypomania.
- b. anhedonia.
- c. affective neurosis.
- d. cyclothymia.

ANSWER:

b

POINTS:

1

DIFFICULTY:

Moderate

REFERENCES:

Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

155. Ecstasy causes brain cells to release extra amounts of

- a. acetylcholine.
- b. serotonin.
- c. histamine.
- d. dopamine.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

156. Serious problems related to MDMA use include

- a. heart arrhythmias.
- b. fatal heat exhaustion.
- c. severe liver damage.
- d. all of these.

ANSWER: d

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

157. The effects of caffeine become apparent with doses as small as the amount found in about one-half cup of brewed coffee, which is _____ milligrams.

- a. five
- b. 25
- c. 50
- d. 100

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

158. Insomnia, irritability, loss of appetite, chills, racing heart, and elevated body temperature are all signs of

- a. caffeinism.
- b. valium addiction.
- c. GHB use.
- d. cocaine withdrawal.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

159. The three most widely used psychoactive drugs are

- a. Prozac, alcohol, and marijuana.
- b. caffeine, alcohol, and nicotine.
- c. alcohol, marijuana, and crystal meth.
- d. valium, nicotine, and alcohol.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.
PMAL_COON_2018_25.2.2 - Discuss the characteristics of the stimulant nicotine, its addictive nature and impact on one's health, and the treatment options for "quitting" the use of nicotine.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 8/2/2018 3:43 PM

160. For most smokers, withdrawal from nicotine causes all of the following symptoms EXCEPT for

- a. excessive daytime sleepiness (hypersomnia).
- b. sweating.
- c. cramps and digestive upset.
- d. headaches and irritability.

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.2 - Discuss the characteristics of the stimulant nicotine, its addictive nature and impact on one's health, and the treatment options for "quitting" the use of nicotine.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

161. According to the research on nicotine, which of the following statements is FALSE?

- a. Users of smokeless tobacco run a higher risk of oral cancer.
- b. The "cold turkey" approach to quitting smoking is considered the most effective approach in producing permanent nonsmokers.
- c. Secondhand smoke causes about 7,300 lung cancer deaths and as many as 34,000 heart disease deaths each year in the United States alone.
- d. Young children are especially vulnerable to secondhand smoke.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.2 - Discuss the characteristics of the stimulant nicotine, its addictive nature and impact on one's health, and the treatment options for "quitting" the use of nicotine.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 8/2/2018 3:44 PM

162. According to your textbook, which of the following would NOT be classified as a scheduled gradual reduction technique to quit smoking?

- a. A person delays having the first cigarette in the morning and then tries to delay a little longer each day.
- b. A person gradually reduces the total number of cigarettes smoked each day.
- c. A person quits completely, but for just one week, then quits again, a week at a time, for as many times as necessary to make it stick.
- d. A person who smokes heavily one day and then goes "cold turkey" the next day, alternating every other day.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.2 - Discuss the characteristics of the stimulant nicotine, its addictive nature and impact on one's health, and the treatment options for "quitting" the use of nicotine.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:50 AM

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163. Alcohol, barbiturates, GHB, oxycodone, and benzodiazepine tranquilizers are all classified as

- a. stimulants.
- b. depressants.
- c. hallucinogens.
- d. containing THC.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.1 - Describe the characteristics and bodily and behavioral effects of the following narcotics: opium, morphine, codeine, heroin, oxycodone, and methadone; and explain how the harm reduction strategy is used to treat narcotics addictions.

PMAL_COON_2018_25.3.2 - For each of the following depressants: barbiturates, GHB, and tranquilizers, discuss each drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:50 AM

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164. Which two narcotics are refined from opium and widely used as pain killers?

- a. cocaine and MDMA
- b. morphine and codeine
- c. mescaline and psilocybin
- d. GHB and benzodiazepine

ANSWER: b

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.1 - Describe the characteristics and bodily and behavioral effects of the following narcotics: opium, morphine, codeine, heroin, oxycodone, and methadone; and explain how the harm reduction strategy is used to treat narcotics addictions.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

165. Narcotics addicts are often treated with which drug that reduces the narcotics “rush,” making it much easier to go through withdrawal?

- a. methadone
- b. mescaline
- c. GHB
- d. MDMA

ANSWER: a

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.1 - Describe the characteristics and bodily and behavioral effects of the following narcotics: opium, morphine, codeine, heroin, oxycodone, and methadone; and explain how the harm reduction strategy is used to treat narcotics addictions.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

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166. Which of the following programs is considered controversial because it seems to support substance abusers in their addiction by supplying methadone and clean needles for drug injections, when, in reality, this type of program is often the only hope for addicts who would otherwise cause more harm to themselves and to others?

- a. “cold turkey” approach
- b. scheduled gradual reduction program
- c. harm reduction strategy
- d. deinstitutionalization program

ANSWER: c
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.3.1 - Describe the characteristics and bodily and behavioral effects of the following narcotics: opium, morphine, codeine, heroin, oxycodone, and methadone; and explain how the harm reduction strategy is used to treat narcotics addictions.
KEYWORDS: Concept
OTHER: * (New Question)
DATE CREATED: 12/6/2016 12:50 AM
DATE MODIFIED: 12/12/2016 5:49 PM

167. Amobarbital, pentobarbital, secobarbital, and tuinal are examples of

- a. stimulants.
- b. hallucinogens.
- c. barbiturates.
- d. amphetamines.

ANSWER: c
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.3.2 - For each of the following depressants: barbiturates, GHB, and tranquilizers, discuss each drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:50 AM
DATE MODIFIED: 12/12/2016 5:49 PM

168. Barbiturate drugs are used to

- a. calm patients and to induce sleep.
- b. counteract alcohol intoxication.
- c. encourage weight loss.
- d. improve the attention span of children with attention-deficit disorder.

ANSWER: a
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.3.2 - For each of the following depressants: barbiturates, GHB, and tranquilizers, discuss each drug's characteristics, its effects on the brain, body, and behavior of the

person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

169. Users of GHB describe its effects as being similar to

- a. cocaine.
- b. LSD.
- c. amphetamines.
- d. alcohol.

ANSWER: d

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.2 - For each of the following depressants: barbiturates, GHB, and tranquilizers, discuss each drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

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170. Shawanda is suffering from panic attacks and has been prescribed a drug that will lower her anxiety and reduce tension. She has most likely been prescribed

- a. MDMA.
- b. oxycodone.
- c. Ritalin.
- d. Valium.

ANSWER: d

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.2 - For each of the following depressants: barbiturates, GHB, and tranquilizers, discuss each drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 8/2/2018 3:46 PM

171. Regarding alcohol, which of the following statements is/are TRUE?

- a. Alcohol is classified as a stimulant drug.

- b. Alcohol reduces inhibitions and produces feelings of relaxation and euphoria.
- c. Alcohol is an aphrodisiac and improves sexual performance.
- d. Alcohol produces similar effects for men but not for women.

ANSWER: b

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.

KEYWORDS: Concept

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 8/2/2018 3:47 PM

172. When a person is drunk, worries and "second thoughts" that would normally restrain behavior are banished from the drinker's mind. Thus, many behaviors become more extreme when a person is drunk due to this condition known as

- a. alcohol psychosis.
- b. binge drinking.
- c. divergent thinking.
- d. alcohol myopia.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.

KEYWORDS: Concept

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

173. Regarding abuse, which of the following statements is FALSE?

- a. One American dies every 20 minutes in an alcohol-related car crash.
- b. Binge drinking is responsible for 1,800 U.S. college student deaths each year and thousands of trips to the emergency room.
- c. Binge drinking is considered three or more drinks in a short time for men and two or more for women.
- d. Children of alcoholics and those who have other relatives who abuse alcohol are at greater risk for becoming alcohol abusers themselves.

ANSWER: c
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.
KEYWORDS: Concept
OTHER: * (New Question)
DATE CREATED: 12/6/2016 12:50 AM
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174. Regarding alcohol and women, which of the following statements is FALSE?
- a. Alcohol is absorbed slower and metabolized more quickly by women's bodies.
 - b. Women get intoxicated from less alcohol than men do.
 - c. Women who drink are more prone to liver disease, osteoporosis, and depression.
 - d. Each extra drink per day adds seven percent to a woman's risk of breast cancer.

ANSWER: a
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.
KEYWORDS: Fact
OTHER: * (New Question)
DATE CREATED: 12/6/2016 12:50 AM
DATE MODIFIED: 12/12/2016 5:49 PM

175. Regarding how to moderate one's social drinking, which of the following statements is FALSE?
- a. Research has shown that college students are likely to overestimate how much their fellow students are drinking at a party.
 - b. To pace one's drinking, it is best to drink alcohol on an empty stomach and then eat later in the evening.
 - c. To pace one's drinking, one should make every other drink or more a nonalcoholic beverage.
 - d. It is best to limit the drinking of alcohol primarily to the first hour of a social event or party.

ANSWER: b
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.

KEYWORDS: Concept

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

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176. Detoxification literally means to

- a. dry out.
- b. support and encourage.
- c. remove poison.
- d. restore health.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

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177. Regarding the treatment of alcoholism, which of the following statements is FALSE?

- a. Detoxification frequently produces all the symptoms of drug withdrawal and can be extremely painful.
- b. Cocaine Anonymous and Narcotics Anonymous use a similar spiritual "12-step" program like AA.
- c. After detoxification, the second step is usually individual behavior therapy using aversion techniques.
- d. There is a strong tendency for abusive drinkers to deny they have a problem.

ANSWER: c

POINTS: 1

DIFFICULTY: Easy

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment

options and the ways that one can moderate his or her drinking at social functions.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

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178. Mescaline and psilocybin are classified as

- a. sedatives.
- b. tranquilizers.
- c. stimulants.
- d. hallucinogens.

ANSWER: d

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hallucinogens-Tripping the Light Fantastic

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.4.1 - Describe the characteristics of these hallucinogens: LSD, mescaline, psilocybin, PCP, and marijuana.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

179. The active ingredient in marijuana is

- a. serotonin.
- b. lysergic acid diethylamide.
- c. THC.
- d. psilocybin.

ANSWER: c

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hallucinogens-Tripping the Light Fantastic

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.4.1 - Describe the characteristics of these hallucinogens: LSD, mescaline, psilocybin, PCP, and marijuana.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

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180. According to PET scans of the brain, THC receptors are found in large numbers in

- a. the prefrontal cortex.
- b. the hippocampus.
- c. the globus pallidus.
- d. all of these areas.

ANSWER: d

POINTS: 1

DIFFICULTY: Easy
REFERENCES: Hallucinogens-Tripping the Light Fantastic
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.4.2 - Discuss the short-term and long-term psychological and physical effects of marijuana use.
KEYWORDS: Fact
OTHER: * (New Question)
DATE CREATED: 12/6/2016 12:50 AM
DATE MODIFIED: 12/12/2016 5:49 PM

181. Regarding marijuana, which of the following statements is FALSE?

- a. Marijuana is helpful in treating some of the side effects of chemotherapy.
- b. Marijuana use has been found to be associated with mental health problems with chronic users being more prone to develop psychosis.
- c. Activity levels in the cerebellum are higher than normal in marijuana abusers.
- d. People who smoke marijuana regularly score lower on IQ tests, although the scores tend to rebound within a month after the person quits using marijuana.

ANSWER: c
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Hallucinogens-Tripping the Light Fantastic
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.4.2 - Discuss the short-term and long-term psychological and physical effects of marijuana use.
KEYWORDS: Fact
DATE CREATED: 12/6/2016 12:50 AM
DATE MODIFIED: 8/2/2018 3:49 PM

182. Regarding marijuana and THC, which of the following statements is TRUE?

- a. Many people who have stopped using marijuana say they quit because they were concerned about the sleep disturbances it produces.
- b. Marijuana has not been shown to produce a physical dependence.
- c. Research indicates that marijuana has no effective medical benefits.
- d. The THC in marijuana may interfere with menstrual cycles and ovulation.

ANSWER: d
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Hallucinogens-Tripping the Light Fantastic
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.4.2 - Discuss the short-term and long-term psychological and physical effects of marijuana use.
KEYWORDS: Fact

OTHER: * (New Question)
DATE CREATED: 12/6/2016 12:50 AM
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183. Addictive drugs stimulate a brain region called the reticular formation causing it to release the neurotransmitter serotonin.

- a. True
- b. False

ANSWER: False
POINTS: 1
DIFFICULTY: Difficult
REFERENCES: Drug-Altered Consciousness-The High and Low of It
QUESTION TYPE: True / False
HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.3 - Explain why psychoactive drugs are highly prone to abuse and identify which area of the brain that nearly all addictive drugs stimulate; discuss why people often seek drug experiences and why adolescents are especially susceptible to addiction; and list the best predictors of adolescent drug use and abuse.

KEYWORDS: Fact
OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM
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184. Sara tried marijuana because she was curious about what effects this drug would have on her; thus, Sara's pattern of drug-taking behavior would be classified as situational.

- a. True
- b. False

ANSWER: False
POINTS: 1
DIFFICULTY: Difficult
REFERENCES: Drug-Altered Consciousness-The High and Low of It
QUESTION TYPE: True / False
HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.2 - Discuss the following patterns of drug use: experimental, social-recreational, situational, intensive, and compulsive; identify which patterns are most often associated with drug abuse; and describe what is meant by polydrug abuse.

KEYWORDS: Application
DATE CREATED: 12/6/2016 12:50 AM
DATE MODIFIED: 12/12/2016 5:49 PM

185. Ecstasy diminishes sexual performance, impairing erections and delaying orgasms in both men and women.

- a. True
- b. False

ANSWER: True
POINTS: 1
DIFFICULTY: Moderate
REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

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186. Alcohol is classified as a stimulant, while nicotine is classified as a depressant.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol
Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.2 - Discuss the characteristics of the stimulant nicotine, its addictive nature and impact on one's health, and the treatment options for "quitting" the use of nicotine.
PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

187. Binge drinking is defined as downing three drinks in a short period of time for men and two drinks for women.

- a. True
- b. False

ANSWER: False

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

188. The drug PCP is an anesthetic that can have hallucinogenic effects as well as stimulant and depressant effects.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hallucinogens-Tripping the Light Fantastic

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.4.1 - Describe the characteristics of these hallucinogens: LSD, mescaline, psilocybin, PCP, and marijuana.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

189. Chronic marijuana users are more prone to develop psychosis.

- a. True
- b. False

ANSWER: True

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hallucinogens-Tripping the Light Fantastic

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.4.2 - Discuss the short-term and long-term psychological and physical effects of marijuana use.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

190. Addictive drugs cause feelings of pleasure because they stimulate a brain region called the nucleus accumbens to release the neurotransmitter _____.

ANSWER: dopamine

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.3 - Explain why psychoactive drugs are highly prone to abuse and identify which area of the brain that nearly all addictive drugs stimulate; discuss why people often seek drug experiences and why adolescents are especially susceptible to addiction; and list the best predictors of adolescent drug use and abuse.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

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191. The reduction in the body's response to a drug which may accompany drug use is called _____.

ANSWER: drug tolerance

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Drug-Altered Consciousness-The High and Low of It

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.1.4 - Differentiate physical dependence (addiction) from psychological dependence; explain how drug tolerance and withdrawal symptoms are related to addiction; and identify which drugs are likely to create each type of dependence.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

192. Adderall and Ritalin, two popular "study drugs," that are used to treat attention deficit/hyperactivity disorder (ADHD) are both mixtures of _____.

ANSWER: amphetamines

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.1 - Explain why stimulant drugs are readily abused; and for each of the following stimulants: amphetamines, cocaine, MDMA (ecstasy), and caffeine, discuss the drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

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193. The highly addictive depressants of opium, morphine codeine, and heroin are classified as _____.

ANSWER: narcotics

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.1 - Describe the characteristics and bodily and behavioral effects of the following narcotics: opium, morphine, codeine, heroin, oxycodone, and methadone; and explain how the harm reduction strategy is used to treat narcotics addictions.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

DATE MODIFIED: 12/12/2016 5:49 PM

194. Valium, Xanax, Halcion, and Librium are examples of the depressant drug class known as _____.

ANSWER: tranquilizers

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.2 - For each of the following depressants: barbiturates, GHB, and tranquilizers, discuss each drug's characteristics, its effects on the brain, body, and behavior of the person using the drug, the symptoms of abuse and types of withdrawal symptoms, and the drug's medicinal uses, if any.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

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195. When a person is drunk, thinking and perception become dulled or shortsighted, a condition that has been called _____.

ANSWER: alcohol myopia

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

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196. Marijuana, LSD, mescaline, and psilocybin are classified as _____.

ANSWER: hallucinogens

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hallucinogens-Tripping the Light Fantastic

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.4.1 - Describe the characteristics of these hallucinogens: LSD, mescaline, psilocybin, PCP, and marijuana.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

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197. The resinous material scraped from cannabis leaves is called _____.

ANSWER: Hashish
hash

POINTS: 1

DIFFICULTY: Moderate

REFERENCES: Hallucinogens-Tripping the Light Fantastic

QUESTION TYPE: Completion

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.4.1 - Describe the characteristics of these hallucinogens: LSD, mescaline, psilocybin, PCP, and marijuana.

KEYWORDS: Fact

DATE CREATED: 12/6/2016 12:50 AM

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198. A friend of yours wants to quit smoking and has decided to “go cold turkey.” After reading this module, explain to your friend why “going cold turkey” may not be the best solution, and describe three different ways he or she might taper off smoking as well as ways to deal with the nicotine craving during withdrawal and the positive experiences surrounding the ritual of smoking.

ANSWER: Answer will include that whatever approach is taken, quitting smoking is not easy. It is especially difficult to try quitting alone, without any support. Many people find that using nicotine patches or gum and/or other medications, such as bupropion, helps them suppress their cravings during the withdrawal period. The best chance of success comes when the smoker combines the desire to quit with both medication and some sort of counseling. Some smokers try to quit cold turkey, whereas others try to taper down gradually. Although going cold turkey has its advocates, gradually quitting works better for more people. Going cold turkey makes quitting an all-or-nothing proposition. Smokers who smoke even one cigarette after “quitting forever” tend to feel they’ve failed. Many figure they might just as well resume smoking. Those who quit gradually accept that success may take many attempts, spread over several months. Either way, you will have a better chance of success if you decide to quit now rather than at some time in the future and don’t delay your quit date too often. The best way to taper off is scheduled gradual reduction. There are many ways in which smoking can be gradually reduced. For example, the smoker can (1) delay having a first cigarette in the morning and then try to delay a little longer each day; (2) gradually reduce the total number of cigarettes smoked each day; or (3) quit completely, but for just 1 week, then quit again, a week at a time, for as many times as necessary to make it stick. Deliberately scheduling and then gradually stretching the length of time between cigarettes is a key part of this program. Scheduled smoking apparently helps people learn to cope with the urge to smoke. It is also worth noting that smoking is more than a nicotine delivery system for most smokers. The entire ritual of smoking is itself a positive experience. Just holding a cigarette, dangling it between the lips, or even seeing a favorite smoking chair can give a smoker pleasure. For this reason, behavioral self-management techniques can be very useful for breaking habits such as smoking. In recent years, e-cigarettes have become popular as a way to simulate smoking either with or without delivering any nicotine. Anyone trying to quit should be prepared to make several attempts before succeeding.

POINTS: 12

DIFFICULTY: Moderate

REFERENCES: Uppers-Amphetamines, Cocaine, MDMA, Caffeine, Nicotine

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.2.2 - Discuss the characteristics of the stimulant nicotine, its addictive nature and impact on one’s health, and the treatment options for “quitting” the use of nicotine.

KEYWORDS: Application

DATE CREATED: 12/6/2016 12:50 AM

199. Discuss the category of drugs known as narcotics, including their history, their effects and uses, and why these drugs are so addictive; identify four examples of narcotic drugs; describe and provide an example of a harm reduction strategy; and explain why the harm reduction strategy is so controversial.

ANSWER: Answer will include that opium poppies have been cultivated throughout recorded history. Raw opium, secreted by poppy seedpods, has been used for centuries to produce pain relief. Two narcotics refined from opium, morphine and codeine, are still widely used for that purpose. That narcotics are highly addictive has also long been recognized. Heroin, ("big H", "dope", "horse") derived by further refining morphine, is widely thought to be the most addictive drug of all. Narcotics can produce a powerful feeling of euphoria ("rush") accompanied by a reduction of anxiety, relaxation, and, of course, pain relief. At higher doses, breathing can be impaired, leading to death. A new wave of narcotics addiction, notable for the number of younger abusers involved, has followed the more recent introduction of oxycodone (Oxycontin), another opium derivative. Another narcotic, methadone, also bears mentioning. Narcotics addicts are often treated with methadone, which reduces the narcotics "rush," making it much easier to go through withdrawal. Methadone is often freely given to addicts as part of a harm reduction strategy meant to reduce the negative consequences of addiction without requiring drug abstinence. Harm reduction programs are controversial because it can seem as if they merely support substance abusers in their addiction, such as supplying clean needles for drug injections as another example. However, in reality, these harm reduction strategies are often the only hope for addicts who would otherwise cause more harm to themselves and to others.

POINTS: 10

DIFFICULTY: Moderate

REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol

QUESTION TYPE: Essay

HAS VARIABLES: False

LEARNING OBJECTIVES: PMAL_COON_2018_25.3.1 - Describe the characteristics and bodily and behavioral effects of the following narcotics: opium, morphine, codeine, heroin, oxycodone, and methadone; and explain how the harm reduction strategy is used to treat narcotics addictions.

KEYWORDS: Fact

OTHER: * (New Question)

DATE CREATED: 12/6/2016 12:50 AM

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200. You have graduated from college and have a new job. At several of the events related to your job, alcohol is being served. According to your textbook, it is possible to pace your drinking so that you will not get drunk and embarrass yourself in front of your boss and colleagues. List these guidelines for paced drinking. Then, explain why alcohol abuse increases with the level of stress in one's life, and identify the danger signs of alcohol abuse.

ANSWER: Answer will include that paced drinking involves the following: (1) Think about your drinking beforehand and plan how you will manage it; (2) Drink slowly, eat while drinking or drink on a full stomach, making every other drink (or more) a nonalcoholic beverage; (3) Limit drinking primarily to the first hour of a social event or party; (4) Practice how you will politely but firmly refuse drinks; and (5) Learn how to relax, meet people, and socialize without relying on alcohol. What sets alcohol abusers apart from social drinkers is that alcohol abusers don't just drink for pleasure but to cope with negative emotions, such as anxiety and depression. That's why alcohol abuse increases with the level of stress in people's lives. People who drink to relieve bad feelings are at great risk of becoming alcoholics. Because alcohol abuse is such a common problem, it is important to recognize the danger signals, which involve the person exhibiting one of more of the following behaviors after drinking: (1) engaging in unplanned sexual activity; (2) not using protection when engaging in sex; (3) driving under the influence; (4) engaging in illegal activities associated with drug use; (5) feeling sad, blue, or depressed; (6) being nervous or irritable; (7) feeling bad about him or herself; or (8) having problems with appetite or sleeping.

POINTS: 15
DIFFICULTY: Moderate
REFERENCES: Downers-Narcotics, Sedatives, Tranquilizers, and Alcohol
QUESTION TYPE: Essay
HAS VARIABLES: False
LEARNING OBJECTIVES: PMAL_COON_2018_25.3.3 - Explain why alcohol is the most abused drug and how it affects a person's brain, body, and behavior, including alcohol myopia; identify the danger signs of alcohol abuse, including binge drinking, and the risk factors for becoming an alcoholic; describe how the damage due to alcohol abuse differs for men and women; and discuss the various alcohol treatment options and the ways that one can moderate his or her drinking at social functions.
KEYWORDS: Application
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